Module: Physical Activity and Physical Exercise

Defining Physical Activity

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The World Health Organization (WHO) defines physical activity (PA) as any bodily movement produced by skeletal muscles that involves energy expenditure. It encompasses all bodily movements, whether for recreation, transporting to and from places, or as part of a person's choice or career. It can be both moderate and vigorous intensity, which benefits health, quality of life, well being, and

Walking, biking, skating, dancing, sports, outdoor recreation,
and play are all great options to be physically active
that may be done at any skill level by everyone.

The Need for Physical Activity

Physical activity is one of the most effective ways for people to enhance their health. PA is virtual for children, adolescents, and adults of all ages.

The Need for Physical Activity

If you regularly take part in physical activity you may:

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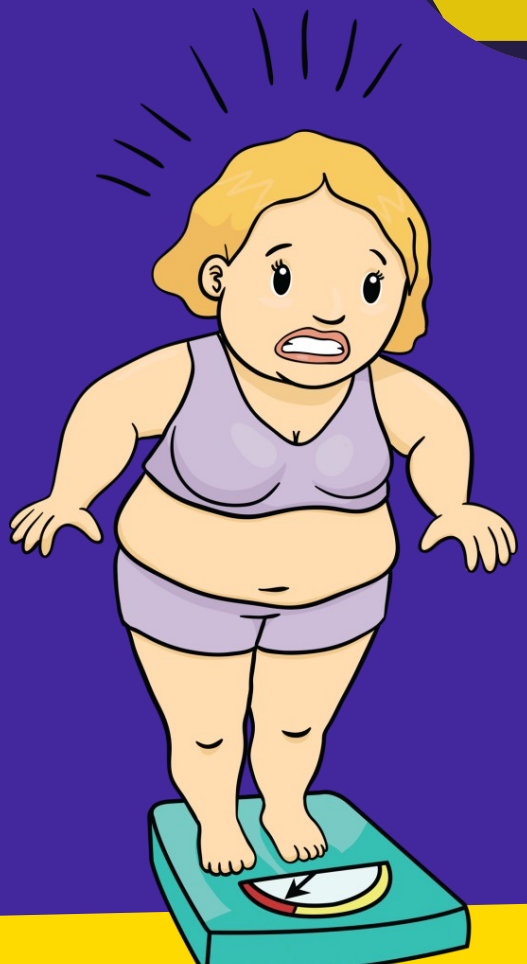
2. lower the burden of chronic diseases while also preventing **premature death**

The Need for Physical Activity

3. improve your **weight management**;



The Need for Physical Activity

3. improve your **weight management**;

4. have **decreased cholesterol levels** in your blood;

The Need for Physical Activity

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4. decrease **increased cholesterol levels**;

5. possess **lower blood pressure**;

The Need for Physical Activity

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4. have decreased **cholesterol levels**;

5. possess **lower blood pressure**;

6. have greater **bone density**, **stronger muscles** and **joints**, and are **less prone to osteoporosis**

The Need for Physical Activity

7. reduce your chances of **slipping** or recover faster from **sickness or bed rest**

The Need for Physical Activity

7. reduce your chances of **slipping**.

8. recover faster from **sickness or bed rest**

9. Feel better – with more energy, a b
mood, more relax, and better sl

10. Have a **healthier mental st**

Several research studies have shown that PA can help with depression. There are numerous theories about how PA can benefit people who are depressed. PA can:

- help you filter out negative thoughts and divert you from your daily troubles;
- allow an increased social interaction;
- enhance your mood and sleep patterns; and
- alter the levels of brain chemicals such as serotonin, endorphins, and stress

PA can also be beneficial to communities. Creating active

and walkable neighborhood can help:

- increase levels of economic activity and employment;
- boost property values;
- encourage neighborhood revitalization; and
- reduce the cost of health care.

Health Risks of Sedentary Life

People's lives are becoming more sedentary as a result of the increased use of motorized

vehicles and the increasing use of computers for work, education, and leisure. According

to research, sedentary activity is associated with the following unfavorable health effect

Obesity (weight gain) is increasing in children and adolescents, in addition to a decline in

metabolic health, fitness, pro-social/behavioral behavior, and sleep n. Adults

other hand, have a higher risk of developing diseases such as disease, cancer

How to Increase Physical Activity

Subtitle changes that encourage you and your family to move more will help you all maintain a healthy weight. Choose a variety of Pa to each week for increase physical activities here are few examples

Where possible walk instead of driving

Walk from your home to school

Use the stairs instead of using the escalator or elevator

Instead of watching tv go for a half hour stroll

Do gardening work or home repair

Make walking on Saturday morning a family habit

Perform yard chores get your kids to help you rake weed or plant

Do gardening work or home repair

Do some household work

Participate in a exercise group and enroll your local sports teams or lessons

Performs sit up Infront of the television
hold a sit up contest with your family

Select an activity that fits
into your everyday routine

If the weather is poor use a workout video

Spend at least 30 mins each day plyain with your family

Dance to music together with your family

Select activity that your enjoy

Explore alternative physical activities

Physical Activity and Physical Exercise Differentiated

Physical Activity – is any movement that requires energy from the muscle in other word it is any movement made by a person.

Physical Exercise – on the other hand is defined as movement that is planned systematic repetitive and intentional it can also be used to develop or maintain physical fitness.

Four Different Types of Physical Exercise

Endurance – your body physical capability to sustain an exercise for an extended period. Its made up of two components MUSCULAR ENDURANCE AND CARDIOVASCULAR ENDURANCE.

Strength – the extent to which muscles can exert force by contracting against resistance. And ability to exert force in order to overcome resistance.

Balance – an individual ability to maintain their line of gravity within their base support. Doing exercise that strength the muscle that help keep you upright including your legs and core. These kinds of exercise can improve stability and help prevent falls doing balance exercises can be intense like some very challenging.

Flexibility – helps improve the range of motion of your joints and muscles. It decreases your risk of injury when your muscles are flexible you are less like to become injured during physical activity it also reduce muscles soreness.

Benefits of Regular Physical Exercise

Regular physical exercise is one of the simplest ways to lower your risk of chronic disease and improve your quality of life. However, most people do not move enough. You can get to move more for improved health regardless of your age or capability. IF you are unable to exercise due to pain, a chronic ailment, or limited mobility, a healthcare professional assist you in overcoming these obstacles.

Benefits of Regular Physical Exercise

Make regular exercise a priority on order to:

- Improve your memory and cognitive function.
- Improve your memory and cognitive function any chronic diseases.
- Help with weight loss;
- Reduce your blood pressure while improving your cardiovascular health;
- Improve your sleep quality;
- Reduce symptoms of depression and anxiety;
- Combat weariness caused by cancer;
- Reduce joint stiffness and pain;
- Keep your muscle strength and balance; and

Benefits of Regular Physical Exercise

Physical exercise is essential for general health and fitness. A combination of resistance and cardiovascular exercise is an effective technique for preventing a variety of health problems. Individuals can start cautiously and gradually increase the frequency or amount of repetitions and sets in each workout as their fitness levels improve.

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COMBINING PHYSICAL ACTIVITY WITH PHYCISICAL EXERCISE

We engage a lot of physical activity in our daily lives, such as strolling in the grocery store and pushing the cart, gardening and lugging the laundry basket to the washing. This are obvious instance, but some examples of exercising include going for a stroll every day. Participating in a group workout, or even walking your dong. according to research, all physical activity adds to general health and wellbeing, and exercise aids in the enhancement of physical fitness. While performing just one of them can b good, doing both has the most impact on our health.

PHYSICAL ACTIVITY PRESCRIPTION

The Department of Health’s physical activity prescription is presented below.

Children (5-12 years old)

Filipino children should engage in at least 60 minutes daily physical activate consisting of any one or a combination of the following physical activities

ACTIVE DAILY TASK

Active travel (walking, cycling, stair climbing) and active daily task (Household and school chores such as scrubbing/mopping floors, fetching water in a pail, ranking leaves, bathing dog, cleaning the car rearranging household furniture, etc.)

EXERCISE, DANCE OR SPORTS

Programmed physical activity for 20-30 minutes daily (sports and/or active games)

HIGH IMPACT PLAY (UNSTRUCTIURED SPONTANEOUS PLAY)

Activities pertaining to high impact active play on most it not all the days of the week

(running, jumping, hopping, skipping, Luksong Tinik, Patintero, Tumbang Preso,

Agawan Base, etc.) walking, stair climbing, and playground activities such as

jungle bars and ropes.

physical activity consisting of any one or a combination of the following physical activities:

Active Daily Task. Active travel (walking, cycling, stair climbing) and active daily tasks (household and school chores such as scrubbing/mopping floors, fetching water in pail, racking leaves bathing dog, cleaning the car, rearranging household furnitures, etc.)

Exercise Dance Or Sports. At least 40 minutes of programmed physical activities such as a fitness related, rhythmic or sports activities. For fitness goals, you should have continuous 20 to 30 minutes minimum for at least 2 to 5 times a week.

High Impact Play (Unstructured Spontaneous Play).

At least 20 minutes of sustained moderates to vigorous physical activities resulting in rapid breathing such as brisk walking, jogging, indigenous games (tumbang preso, agawang base, taguan, etc.) and dancing

Muscle Strengthening And Flexibility Activities.

At least 2 to 3 times a week of activities that build muscle and bones strength and flexibility such as weight bearing calisthenics and other load bearing exercise involving major muscle groups

Activities For Daily Living. Active travel (walking, cycling, stair climbing) and active daily task (household chores such as scrubbing/mopping floors, cleaning room general carpentry, fetching water in pail, arching leaves, bathing dog, cleaning the car, rearranging household furniture, etc.)

Exercise Dance And Recreation Activities. Moderates intensity aerobic physical activity resulting in a noticeable increase in heart rate and breathing (still able to carry on normal conversation). Example are brisk walking, dancing, cycling, swimming done continuously for a minimum of 30 minutes OR accumulates bouts of 10 minutes or longer. For more active people with no risk factors. Vigorous intensity aerobic resulting in fast breathing and a substantial increase in heart rate(beyond normal conversation pace; talking becomes more challenging) Example are jogging, vigorous dancing, ballgames done continuously and don at least thrice a week \ with a future goal of being able to do it 5 6 times. For fitness purpose, adults should work towards 20 to 30 minutes continuous physical activity for a minimum of three pe week.

Muscle Strengthening And Flexibility Activities.
Performing activities using all major muscles of the body that maintain or increase muscular strength and endurance. Example are bearing calisthenics, stair climbing, weight training done at least twice or week on non days.A light load allowing for a set of 10 to 15 repetition resulting in momentary muscle fatigue perform gentle stretches o the point of tension after aerobic exercise OR at cooldown.At least 20 second position per muscle group. Minimum four times er week.

Activities In The Work Place. Employees should have opportunities to be active ay work place through activities organized with provision of the necessary facilities and or equipment by the workplace two minutes physical activities (walking, stair climbing, stretching) for every hour of sitting is highly encouraged.

any one or a combination f the following physical activities.
ACTIVITIES FOR DAILY LIVING - Active travel (walking, cycling stair climbing) and active daily task (Household chores).

EXERCISE, DANCE AND RECREATIONAL ACTIVITIES.
Moderate intensity aerobic resulting in a noticeable Increased heart rate and breathing (Still able to carry on normal conversation) Examples are brisk or race walking, dancing. cycling, rowing or swimming done continuously for a minimum of 30 minutes OR accumulated bouts of 10 minutes or longer.
For more active people with no risk factors,
low to moderate intensity of aerobic activity resulting in fast breathing and a substantial
increase in heart rate (beyond normal conversation talking becomes more
challenging) Example are jogging, vigorous dancing,
mes done continuously
for a minimum of 20 minutes done at least thrice a
k with a future goal of

maintain or increase muscular strength and endurance. Example are weight bearing calisthenics, stair climbing, weight training done at least twice a week, on non-consecutive days. A set of 8-12 repetitions with a load resulting in momentary muscle fatigue. Perform gentle stretches to the point of tension after aerobic exercises OR at cooldown. At least 20 seconds bon per muscle group. Minimum four times/week.

BALANCE AND COORDINATION

Specific activities for balance and coordination 2-4 days/weeks. Examples are walking, gentle yoga, tai-chi, dance, aquatic activities.

ACTIVITIES IN THE WORKPLACE

Employees should have opportunities to be active at work and through activities organized. with provision of the necessary facilities and/or equipment by the workplace. Two-minutes physical activities (walking,

Young Old (60—69 years old)

Following senior citizen should accumulate at last 30 minutes daily physical activity consisting of any one or a combination of the different types of physical activities for the following sub-age group: middle old and vintage.

ACTIVITIES FOR DAILY LIVING

Active travel (walking, stair climbing) and active daily task (Household chores and yard work)

a noticeable increased heart rate and breathing (still able to carry on normal conversion). Any rhythmic and continuous physical activity that uses large muscle groups with special stress on load bearing activities to arrest rate of osteoporosis and to maintain bone density. Example are moderate to brisk walking, dancing, biking calisthenics, swimming, rowing and stair-climbing Done continuously for a minimum of 30minutes OR accumulate bouts of 10minutes or longer. For more active people with no risk factors, low to moderate intensity of aerobic activity resulting in fast breathing increase in heart rate (beyond normal conversation pace: talking becomes more challenging). Example are jogging brisk or race walking, vigorous dancing, step-aerobics, swimming done continuously for a

BALANCE AND COORDINATION

Perform simple but dynamic movements that challenge postural and postural and positional stability such as single-leg or supports, exercise ball-sitting, and weight – shifting Take up specific activities for balance and coordination. Example are walking, gentle yoga, tai-chi, dance, aquatic activities, 2-4 days per week.

ACTIVITIES IN THE WORKPLACE

Employees should have opportunities to be active at work and through activities organized, with provision of the necessary facilities and/or equipment, by their workplace. Two – minute physical activities (walking, stair climbing, stretching) for every hour of sitting is highly encourage.

climbing) and mild, easy
tasks (household chores), such as mild yard and garden work, dusting furniture, folding clothes
sweeping Inside the house.

EXERCISE, DANCE OR RECREATIONAL ACTIVITIES. Light intensity aerobic Physical activity such a
leisurely walk around the neighborhood, parks and malls. Any rhythmic and continuous light physical
activity that uses large muscle groups while standing independently or assisted, seated, reclined
lying down. Examples are stationary biking, calisthenics, swimming done for a total of 30 minutes
continuously, three times weekly OR. accumulated bouts of 10 minutes or longer. For more active
apparently healthy people with no risk factors, low to moderate intensity of aerobic activity resulting
slight elevation of breathing rate and heart rate (a pace that will still allow normal conversation for
Examples are walking, no impact aerobic dancing, social dancing and swimming done continuously
at least 30 minutes, and done three times per week, on non-consecutive

MUSCLE STRENGTHENING AND FLEXIBILITY ACTIVITIES. Performing activities using ALL
muscles of the body that maintain or increase muscular strength and endurance. Examples are
calisthenics, light weight training, elastic band exercises done at least twice a week, on non-consensual.
days A light load allowing for a set of 10-20 repetitions resulting in light challenge to the muscle
Perform gentle stretches to the point of tension after aerobic exercises OR at cooidown done at least 8
times per direction, and done 3 times per week.

BALANCE AND COORDINATION. Challenge postural and positional stability by performing stumpy and
dynamic movements of the lower and upper extremities while Sitting on the exercise ball or standing
on one leg. and weight-shifting while standing, all with support or spotting Take up speculate activities
for balance and coordination. Examples are walking, gentle yoga. tai-chi, dance. aquatic activities 2-4

Vintage Old (80 years old and above).

ACTIVITIES FOR DAILY LIVING. Active travel (assisted walking and stair climbing) and mild, easy dally
tasks (household Chores), such as mild garden or yard work, dusting furniture, folding clothes and
sweeping inside the house.

EXERCISE, DANCE OR RECREATIONAL ACTIVITIES. Continuous and light intensity physical activity
such as a leisurely walk around the neighborhood, yard or living area. Any rhythmic and continuous
physical activity that uses large muscle groups while standing assisted, seated. reclined or lying down.
Examples are stationary biking, calisthenics, swimming done for a total of 20 minutes continuously.
three times weekly OR accumulated bouts of 10 minutes or longer.

MUSCLE STRENGTHENING AND FLEXIBILITY ACTIVITIES.

Performing resistance exercises using major segments of the body including shoulders, arms, thighs and legs, that maintain or Increase muscular strength and endurance. Examples are mild calisthenics, light weight training and elastic band exercises done at least twice a week, on non-consecutive days. A light load allowing for a set to 10 - 15 repetitions resulting in light challenge to the muscle. Perform gentle full range of motion exercises after exercises OR during cooldown done at least eight times per direction, and done two to three times per week, on non-consecutive days.

BALANCE AND COORDINATION. Perform simple but dynamic movements while standing or sitting on the exercise ball with a spotter. Take up specific activities for balance and coordination. Examples are walking, gentle yoga, tai-chi, slow dancing, mild aquatic activities done at least three days per week. (Department of Health, 2013)

A Word About Training Program

A training program must be devised to match the unique demands of the individual,
taking into account numerous criteria such as gender, age, strengths, weaknesses,
objectives, training facilities, and so on. Because all individuals have distinct needs, a single
training program that is suited for all individuals is not viable.

MODULE 4: Pathfit2 Reporting

END

Thank You